



TRINITY  
school of natural health

# 3 Tips

for Staying Fit Indoors

BY TRINITY SCHOOL OF NATURAL HEALTH

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# Introduction

—————During the 2020 coronavirus pandemic, we became familiar with staying inside and reducing contact with others. This impacted everything from vacation plans to fitness routines, and people had to get creative amidst closures across the United States.

Even though the pandemic was an extraordinary occurrence, many of us face similar challenges each year when winter weather begins. Outdoor exercise is increasingly difficult as temperatures drop, and we should plan ahead to achieve our fitness goals. If you're not sure how you'll maintain your physical wellness through the winter, you're not alone. If you don't have a gym membership or your community doesn't have many outdoor activities, you can still stay fit indoors with our three simple tips.

## GET YOUR HEART PUMPING

The American Heart Association recommends that adults get 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity every week.<sup>1</sup> This might seem challenging when you're limited to the confines of your home, but you can still give your heart a healthy workout by practicing some aerobic activities indoors. However, before beginning any new workout routine, you should talk with your doctor or primary healthcare provider, especially if you have a pre-existing condition.

### — AEROBIC DANCING

Dancing isn't just for recreational enjoyment. With a fitness-oriented dancing class, you can boost your metabolism and burn up to 800 calories in an hour.<sup>2</sup> Options like Zumba, Jazzercise, and even ballroom dancing can help tone your muscles and support your energy levels. If you can't find a local place that offers these opportunities, you can enroll in an online class from the comfort of your home.

## — STAIR TRAINING

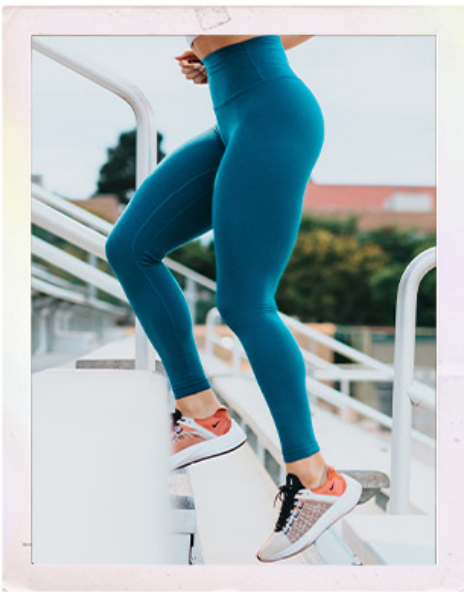
You don't need equipment to get sufficient cardio and strength training. If you have a set of stairs in your home, then you're all set. Because gravity works against you when you go upstairs, your muscles work harder to overcome the resistance.<sup>3</sup> As a result, stair training strengthens various parts of your lower body, including your quads, glutes, hamstrings, and calves. As you go up and down the stairs, you can also add other exercises to the workout, such as push-ups after each cycle or squat jumps from one step to the next.

## — JUMPING ROPE

If you don't have stairs in your house, you can still be creative with your cardio workouts. One of the oldest fitness tools in the world is the jump rope; the first evidence of the activity appeared in paintings from the Middle Ages.<sup>4</sup> If you want to take up the practice, research the best type of rope to use. Everything from the handles to the length of the rope will impact your exercise, so consider what you want to get out of the activity.<sup>5</sup> If you're a beginner, look for a rope designed for general fitness rather than a speed rope.

## — BURPEES

To get a full-body workout without needing any extra equipment, keep your exercise routine simple with burpees. As a calisthenics exercise, burpees use your weight for resistance, allowing you to build muscle strength and endurance in your upper and lower body.<sup>6</sup> Even doing burpees for 20 minutes can give you a solid cardio workout and help strengthen your heart and lungs.



## CREATE A FITNESS SPACE

When you designate your workouts to a specific area of your home, it can help you establish a schedule and stick with your fitness goals. “I have a yoga mat always laid out, and it’s in a calm corner of a sitting room off my bedroom,” says Pilates and yoga expert Ellen Barrett. “That space is ready for me to meditate in or do light stretching or do more intense barefoot workouts.”<sup>7</sup> Where do you feel most comfortable in your home? Consider making part of that room your fitness space. Choose a cozy, well-lit area so you don’t dread your daily exercise routine.

Next, consider your equipment. Rather than buying a bunch of items or designing an entire home gym, get simple, affordable items that pave the way for total wellness. These are just a few options, according to health and wellness expert Sara Lindberg:<sup>8</sup>

### — EXERCISE MAT

A padded mat will support your body through your workout, protecting you from the hard floor beneath you. Even if you have a carpeted area, it’s easy to get rugburn when you’re moving around consistently. Your mat provides an extra layer of comfort, and you can often find one for less than \$15.

### — FOAM ROLLER

You can use a foam roller as a warm-up before exercising or afterward to cool down your muscles and help them relax. Studies have also shown that foam-rolling after an intense workout can improve range of motion and muscle performance.<sup>9</sup>

### — PICK UP SCREEN-FREE HOBBIES

Although kettlebells are easily confused with dumbbells, they offer a different workout. While a dumbbell has evenly distributed weight on both sides and can only accommodate one hand, the kettlebell’s weight sits below its handle, and it can be held with one or two hands.<sup>10</sup> The kettlebell’s off-center gravity can also create a more intense challenge for your muscles.



By reserving a fitness space full of multi-purpose exercise supplies, you'll be able to create an entire workout routine without breaking the bank. To ensure you're investing in the right items, consider your fitness goals before making any big purchases.

## USE TECHNOLOGY TO YOUR ADVANTAGE

We [wrote an eBook](#) about the importance of taking a digital detox every once in a while, but devices can offer valuable benefits when used wisely. Notably, during the COVID-19 pandemic, online workouts became increasingly popular. Today, it's easier than ever to join a virtual fitness group from the comfort of your home. Here are some options:

### — DIGITAL CARDIO CLASS

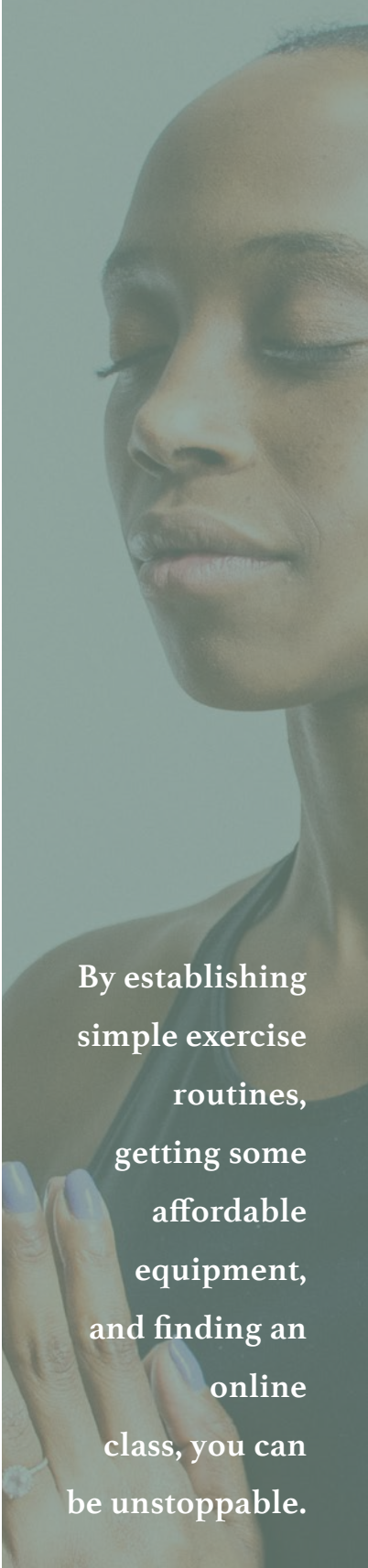
If you don't like sweating it out in front of others, going online for your next cardio workout might be the way to go. You can research online class offerings at area gyms to still feel like you're part of a group. To increase accountability, you can even sign up with a friend. Or, if you want to be entirely independent, visit the local library to borrow some workout videos or DVDs.

### — FITNESS APP

In our technology-laden world, there is an app for almost everything, making it easier than ever to find the right fit for your exercise routine. From weightlifting apps to quick-workout apps, there's something available for you no matter where you are in your fitness journey.<sup>11</sup>

### — YOUTUBE INFLUENCER

Since apps and classes often require you to make purchases, you can take a frugal path by watching free workout videos from YouTube influencers. Since YouTube is powered by ads, various workouts are available free-of-charge from fitness experts.<sup>12</sup> Plus, the wide selection on YouTube enables you to try out several different workouts and channels to decide what works best for you.



By establishing simple exercise routines, getting some affordable equipment, and finding an online class, you can be unstoppable.

## Conclusion **3 Tips for Staying Fit Indoors**

Don't let poor weather or a lack of local fitness opportunities keep you from feeling your best. You can get a rewarding workout from home, even if you don't have a gym membership. By establishing simple exercise routines, getting some affordable equipment, and finding an online class, you can be unstoppable.

If you're passionate about creating a healthy lifestyle and exercising regularly, it might be time to take your love for fitness to the next level. By becoming a Certified Holistic Fitness Specialist, you'll learn how to take a full-body approach to nutrition, exercise selection, and supplementation. This program will also teach you how to guide others on their fitness and wellness journeys. Call an Enrollment Specialist at 800-428-0408, option 2, with questions or to sign up for the Certified Holistic Fitness Specialist program.





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